



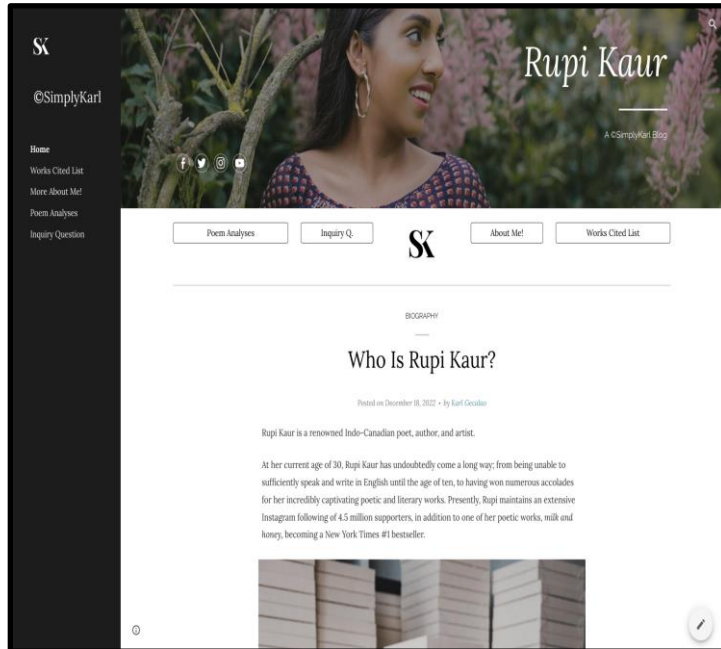
News from the Nest

October 2-6 – Parent



Spotlight on Learning: “Collected Works” – A Poetry Inquiry Project

Presented by: Ashley Mennear
Composition 11



Teacher Reflection/Description:

As a summative assessment for their poetry unit, students inquired about how a poet (of their choice) utilizes language to shape ideas and influence others. The goal of the task was for students to look at multiple works and see the trends in structure, style, and topics that the poet is using. Students were encouraged to choose poets that inspired them or to whom they felt a connection and were given several options to demonstrate their understanding. One student for example wrote a poignant essay about the allegorical nature of Kendrick Lamar’s lyrics. Several created arts-

based projects inspired by visual artist and poet Rupri Kaur. Others examined how Katherine Vermette’s collection *North End Love Songs* was inspired by her childhood growing up in Winnipeg and created their own poetry that reflected her style and structure. Students put significant effort and thought into their work, and I was proud and impressed by what they produced. In future, I plan to integrate more research skills earlier in the year to help support students in this form of inquiry.

Student Reflection:

For my project, to demonstrate my understanding, I created *SimplyKarl*, an online blog/website which analyzed the life and works of renowned Canadian poet *Rupri Kaur*. Throughout the blog, I analyzed many aspects of Rupri’s life from her upbringing into adulthood, in addition to her four major collections of poetry, to investigate how they influenced and shaped her unique style of writing for which she is renowned for.

Looking back at this project after its completion, I particularly found the process of research and interpretation to be its most challenging aspect; at the same time, being its most fulfilling. During the project, while researching about Rupri Kaur’s life, I took on the role of a journalist and drew from a variety of sources (journals, interviews, podcasts, and articles) to not simply acquire information, but more importantly to ensure that information was credible, relevant, and eloquently summarized using proper MLA referencing in my blog. It was through this journalistic process where I was not only able

to improve my writing and research skills, but obtained a deeper understanding and appreciation for poetry, specifically, the innumerable intricacies embedded within a seemingly “simple” piece of writing.

Furthermore, this project emphasized to me the importance of diligence, time-management, and cultural awareness. In my experience, conducting a vast amount of research, reading, and analyses required for this project was, by far, *not* an easy task, more so creating and designing a website to display that information. However, the amount of learning and growth I underwent from this project is invaluable, while it did improve my journalistic skills, like poetry, it simultaneously fostered the inconspicuous, hard-to-notice skills of mine, such as hard work, discipline, and consistency.

Link to the *Simply Karl* Blog:

<https://sites.google.com/view/simplykarl/home>

Sr Girls Volleyball- WAY TO GO GIRLS!!



Senior Girls Volleyball won in 3 straight sets against Brookwood on Thursday night. The crowd went wild. Great job coach and players. You made your school proud!

DPAC Parent Evening Series

The Welcome Project

October 11, 2023 / 7:00 - 8:30 PM

Mámele'awt Indigenous Education Centre (3277 Gladwin Rd)

The first event is part of our parent series, hosted by the DPAC (District Parent Advisory Council) and the school district. *Éy kw'as é mí – The Welcome Project* will be presented by Darlene MacDonald, District Principal for Indigenous Education and Christine Seymour, District Principal of Indigenous Education for Fraser Cascade School District. This project was specifically created to strengthen our district's knowledge and awareness when working with Indigenous people and communities. Please note that this session will be conducted in person; no pre-registration is required.



Be Well, Be Safe

October 18, 2023 / 7:00 - 8:30 PM (Doors Open at 6:30 PM)

Abbotsford Arts Centre (2329 Crescent Way)

The second event is a parent evening supported by the Abbotsford Board of Education. It focuses on strategies to protect you from trafficking, exploitation, gangs, and online bullying under the theme "Be Well, Be Safe." We are honored to announce Cathy Peters as our keynote speaker from beamazingcampaign.org. This event is free for the public, parents, and youth.

The latest events and information continue to be posted on our website at www.abbyschools.ca.

Thank you for your continued support.

Self-Care Mondays

October 9:

This week's self-care tip is about:

Chair Yoga



Now how can chair yoga benefit you? By focusing on your movement, your breathing, and how your body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. As a bonus, it can help clear your mind so that you're ready for new learning! So teachers, give it a try today in class!

<https://globalhealthaging.org/2021/03/04/chair-yoga-for-strength-balance-and-mental-health/>

A short chair yoga video to do in class or at home:
<https://drive.google.com/file/d/15B0WZuO2VO2mDPaa-kug9JSWFNRgrDbH/view?usp=sharing>

Coming Up Next Week October 9-13

Monday, October 9

- No School
- Thanksgiving Day

Tuesday, October 10

- CDBA
- Boys Soccer @ GW
- Sr Girls vs Bateman

Wednesday, October 11

- BADC
- Gr 9 Girls VB at Yale 3:00pm
- Jr Boys Soccer vs GWG at Mouat 3:00pm
- Jr Girls VB @ SJB 3:00pm
- Cross Country Meet Island 22
- Sr Girls VB T2 vs Imagine @ Abby 6 :00pm

Thursday, October 12

- DCAB
- VB Tournament Lg Gym 3:00pm
- Jr. Football vs Lord Tweedsmuir at Howe field @ 3:00pm
- Boys soccer @ Sardis 3:30pm

Friday, October 13

- ABCD
- SLO Day Friday 8-9:24
- Jr. Rally in the Valley Volleyball Tournament
- Sr Girls Volleyball Tournament
- Sr Football LTS vs Lord Tweedsmuir

Upcoming Literacy and Numeracy:

Monday, October 30			
8:10-11:10			
Teacher	Class	Block	Assessment
Taylor	Eng 12	B	LIT 12
Drummond	EFP 12	A	LIT 12

11:35-2:35			
Teacher	Class	Block	Assessment
Monds	EFP 10	D	LIT 10
Turner	EFP 12	C	LIT 12

Tuesday, October 31			
8:10-11:10			
Teacher	Class	Block	Assessment
Taylor	EFP 10	C	LIT 10
Drummond	EFP 12	C	LIT 12

11:35-2:35			
Teacher	Class	Block	Assessment
Dyck	FM 10	A	NUM 10
Homoncik	FM 10	B	NUM 10

Wednesday, November 1			
8:10-11:10			
Teacher	Class	Block	Assessment
Lawrence	EFP 12	A	LIT 12
Taylor	EFP 10	A	LIT 10

11:35-2:35			
Teacher	Class	Block	Assessment
Sidhu	FM 10	C	NUM 10
Sharma	FM 10	D	NUM 10

Thursday, November 2			
8:10-11:10			
Teacher	Class	Block	Assessment
various	various	various	various
Coan	LIT 10	D	LIT 10

11:35-2:35			
Teacher	Class	Block	Assessment
Drummond	EFP 12	B	LIT 12
I-Hop	Comp 10	B	LIT 10

Friday, November 3			
8:10-11:10			
Teacher	Class	Block	Assessment
Jaswal	WM 10	A	NUM 10
Jaswal	WM 10	B	NUM 10

11:35-2:35			
Teacher	Class	Block	Assessment
Coan	LIT 10	A	LIT 10
Finch	ELL 10	B	LIT 10

Ways You Can Support PAC

Return-It
EXPRESS

Drop off your empties to any Return-It Express location.
No sorting or lineups!

Account Number:
956-682-8722
WJMOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot: Unit 25, 31590 South Fraser Way

COBS BREAD

Shop at Cobs on Gladwin Road
Mention you're Raising Dough for WJ Mouat.
5% of your purchase will be donated back to Mouat PAC!

Located at Gladwin Crossing
Unit 111, 2777 Gladwin Road

Please help us keep our GREEN BINS in use as they generate monthly income for Mouat PAC!

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffedies
- Linens

in good clean condition

